

CLAIMS

1. A modular system for realizing mobile means or static machines operated by human muscular strength,
5 *characterized in that* it comprises modular elements (1a-1e) provided with ergonomic operating means for use by one or more persons, and a main frame (2) in which said modular elements may be selectively connected to said main frame, singularly or in a plurality, by means of reversible quick
10 hooking means.
2. A modular system according to claim 1, *characterized in that* said reversible quick hooking means comprise linear guides (5) fixed to said main frame (2) and trolleys (4) sliding along
15 said guides (5), associated to said modular elements (1a-1e).
3. A modular system according to claim 1, *characterized in that* said linear guides (5) comprise a plurality of references (8) adapted to cooperate with blocking means (9) associated to
20 said trolleys (4), for determining blocking positions univocally selectable for said trolleys (4).
4. A modular system according to claim 1, *characterized in that* said reversible quick hooking means comprise at least one
25 housing (10) associated to said main frame (2), for the insertion of a base (11) associated to said modular elements

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(1a-1e), and that may be blocked in position inside said housing (10).

- 5 5. A modular system according to claim 1, *characterized in that* devices for absorbing mechanical energy (30, 31) are associated to said main frame (2).
- 10 6. A modular system according to claims 1 and 5, *characterized in that* said main frame (2) and said modular elements (1a-1e) comprise transmission means (40, 41) that may be reversibly connected one to the other, and that may connect the ergonomic operating means associated to the modular elements (1a-1e), to the absorbing devices (30, 31) associated to the main frame (2).
- 15 7. A modular system according to claim 1, *characterized in that* said modular elements (1a-1e) comprise devices (30) for absorbing mechanical energy, mechanically connected to the operating means associated to said modular elements.
- 20 8. A human powered boat, characterized in that it comprises a modular system according to one or more of the preceding claims, wherein said main frame (2) comprises hulls (50a, 50b) connected by beams (52) for supporting at least one frame (53) to which reversible quick hooking means (5, 10) for said modular elements (1a-1e) are associated.
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9. A human powered boat, *characterized in that* it comprises a modular system according to one or more of the preceding claims, wherein said main frame (2) comprises hulls (50a, 50b) connected by a platform (51) comprising said reversible quick hooking means (5, 10) for said modular elements (1a-1e).
10. A mobile mean or a static machine operated by human muscular strength, for training, physical exercise or recreational use, *characterized in that* it comprises a modular system according to one or more of the preceding claims.

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